

39. Routines Help to Save Money

OBJECTIVE: Teach that routines make a family run smoothly, and show that couples can create routines that work for them.

TIME: 20 minutes

MATERIALS:

Our Routine Handout

TALKING POINTS:

Routines are repeated activities that are necessary for daily life to run smoothly and to ensure time for fun, too! Couples and families make routines to ensure that a family's needs are met. For example, when children get to school and parents to work on time, without stress, family members feel comfortable and can enjoy the morning. They also don't risk losing their jobs or having to make more excuses to their boss. Everyone feels secure when they know what to expect. Moreover, routines teach responsibility. Routines create habits, and they are the easiest ways to get family members to do what you want them to do. Examples of routines are making meals, cleaning up toys before bedtime, or getting ready for work or school.

ACTIVITY:

Ask the class to brainstorm other routines. List them on a board or flipchart. Pick a few routines, and have people describe them. If the class needs help identifying their routines, ask questions to help stimulate conversation. For example:

- What is your family's routine for dinner? Does every member buy his or her own food independently? This is more expensive!
- How is dinner prepared? Do you eat as a family?

Ask people what they feel about the routines in their lives.

- Do you like your current routine for _____ (getting up in the morning)?
- How could you improve upon it?"

Give each couple or family about five minutes to create a routine that will help them save money. Make the routine specific so each person's behavior is specific and can be observed. After about 5 minutes, ask participants/couples to share their routines with the group.

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HANDOUT: Our Routine

OUR ROUTINE IS CALLED _____

WE WILL DO IT (DAY, TIME) _____

WE WILL DO IT (PLACE) _____

IT WILL BE DONE BY (LIST FAMILY MEMBERS) _____

WHAT WE WILL DO STEP BY STEP IS:

1. _____

2. _____

3. _____

4. _____

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